

KG fall Winter Menu 2023-2024 - Week 1

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg
Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Bagel	Whole Wheat Toast	Waffles	Whole Wheat Toast	Scalloped Cinnamon Apples	Maple Breakfast Sausage Link	Bacon
Cream Cheese		Whole Wheat Toast		Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
Whole Wheat Toast						
SNACK AM						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
LUNCH						
French Onion Soup	Beef Vegetable & Noodle Soup_LF	Chicken Rice Soup-LF	Beef Vegetable Barley Soup	Minestrone Soup-LF	Split Pea Soup-LF	Vegetable Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Salmon Croquettes	Homemade Macaroni & Cheese	Beef Chili	Western Omelette	Garlic Shrimp	LS Chicken Fingers	Captain Fish Burger Patty
Assorted Dinner Rolls	LS Baked Tomato Half	Mango	Tomato Cucumber Salad	Turmeric Seasoned Jasmine Rice	Sweet Potato Fries	Coleslaw
Tossed Salad	Chilled Apricots	Egg Salad Sandwich on Wheat	Sliced Pears	Sauteed Red Peppers	Tossed Salad	Strawberries & Topping
Fresh Fruit Salad	Salami on Panini	Tossed Salad & Italian Dressing	Corned Beef on Wheat	Chilled Pineapple	Mandarin Oranges	Turkey Sandwich, Cranberry Mayo
Grilled Reuben Sandwich	Classic Waldorf Salad	Cherry Cheesecake Tart	Sliced Beets	Sliced Chicken Sandwich	Cottage Cheese & Fruit Plate	Creamy Cucumber Salad
Coleslaw	Iced Brownie		Cake Assorted	Spinach Orange Salad	Pineapple Upside Down Cake	Blueberry Tart
Donut Assorted				Creme Caramel		
SNACK PM						
Strawberry Turnover	Graham Crackers	Bran Crunch Cookie	Oatmeal Cookie	Digestive Cookie	Chocolate Chip Cookie	Raspberry Turnover
DINNER						
Country Bean & Vegetable Soup-LF	Borscht Soup	Lentil Soup- LF	Tuscan Tomato and Artichoke- LF	Vegetable and Orzo Soup-LF	Chicken Noodle Soup-LF	Italian Wedding Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Roasted Vegetable Lasagna	Unsalted Crackers	Unsalted Crackers
Chicken in Adobo Sauce	Salisbury Steak	Hungarian Goulash	Honey Garlic Chicken Breast	Tossed Salad	Lemon Herb Panko Sole	Italian Herb Chicken
White Rice	Mashed Potatoes	Egg Noodles	White Rice	Chilled Diced Peaches	Potato Halves	Garlic & Parmesan Bow Tie Pasta
Bok Choy	Peas & Carrots	Sauteed Zucchini & Tomato	California Vegetables	Roast Turkey	Steamed Asparagus Spears	Scandinavian Vegetables
Hot Spiced Apples	Seasonal Berries	Fresh Grapes	Honeydew Melon	Mashed Potatoes	Tropical Fruit Salad	Diced Fresh Melon
BBQ Sauce Glazed Pork Ribette	Turkey a la King	Oktoberfest Sausage	Herbed Cod	Roasted Butternut Squash	Spaghetti & Beef Meat Sauce	Pork Souvlaki
Roasted Potatoes	Tea Biscuit	Boiled Potatoes	O'Brien Potatoes	Pumpkin Pie	Caesar Salad	Lemon Roasted Potatoes
Green Beans	Buttered Brussels Sprouts	Steamed Kale	Buttered Brussels Sprouts		Lemon Buttermilk Cake	Artichoke, Feta & Tomato Salad
Carrot Cake	Peach Upside Down Cake	Key Lime Pie	Van Caramel Swirl Cake			Frosted Marble Cake
SNACK HS						
Ham Salad on WW	Chicken Salad Sndw on WW	Turkey Sandwich on Brown Bread	Egg Salad Sandwich on Wheat	Tuna Salad Sandwich on Brown Bread	Cheese Sandwich on WW	Peanut Butter on WW

KG fall Winter Menu 2023-2024 - Week 2

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg
Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg
Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Waffles	Whole Wheat Toast	Scalloped Cinnamon Apples	Maple Breakfast Sausage Link	Bacon
	English Muffin	Whole Wheat Toast		Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast
SNACK AM						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Apple Juice	Assorted Juice
LUNCH						
Vegetable Florentine Soup	Tomato Bisque-LF	Cream of Mushroom Soup	Chicken Orzo Soup-LF	Cream of Spinach Soup	Beef Vegetable Soup	Vegetable and Orzo Soup-LF
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Pulled Pork on Soft Bun	Beef Stir Fry with Bok Choy	Potato & Cheese Perogie	Fish 'n Chips	Asian Chicken Stir Fry	Turkey Pot Pie	Cod Nuggets
Coleslaw	Steamed Rice	Sauteed Onions	Coleslaw	Rice Vermicelli	New England Vegetables	French Fries
Chilled Diced Pears	Fruit Cocktail	Green Peas	Dcd.Fresh Pineapple	Blueberries with Whip Topping	Mango	Coleslaw
Cucumber Cream Cheese Sandwich	Ham & Swiss on Wheat	Mandarin Oranges	Turkey Sandwich on Brown Bread	Egg Salad Sandwich on Brown Bread	Roast Beef Sandwich on Brown Bread	Apricot Halves
Tomato & Onion Salad	Tomato Slices	Tuna Salad Sndw on WW	Quinoa cranberry Apple Salad	Tomato Cucumber Salad	Garden Salad	Chicken Salad Sandwich on Brown Bread
Banana Chocolate Chip Loaf	KG Gingerbread Cake	Tossed Salad	Chocolate Silk Truffle Bar	Cake Assorted	Frosted Red Velvet Cupcake	Mixed Salad with Italian Dressing
		Butter Tart				Boston Cream Cake
SNACK PM						
Lemon Wafer	G-F Ginger Cookie	Assorted Cream Cookie	Arrowroot Cookie	Oatmeal Cookie	Blueberry Turnover	Chocolate Wafer
DINNER						
Country Bean & Vegetable Soup	Cream of Asparagus Soup	Vegetable and Orzo Soup-LF	Potato Leek Soup-LF	Turkey Noodle Soup	Split Pea Soup-LF	Cream of Broccoli Soup
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Beef & Vegetable Stew	Turkey Stroganoff	Spaghetti & Beef Meat Sauce	Chicken Cacciatore	Meatloaf	Teriyaki Chicken	Beef Pot Pie
Mashed Potatoes	Fettuccini Pasta	Caesar Salad	Pasta Shells	Mashed Potatoes	Steamed Rice	Broccoli Florets
Fall Medley Vegetables	Pearl Harvest Vegetables	Baked Apple	Sauteed Garlic Mushrooms	Green Peas	Asian Vegetables	Diced Fresh Melon
Blueberries with Whip Topping	Chilled Peach Halves	Pork & Apple Apricot Chutney	Strawberry Rhubarb Pie	Red Seedless Grapes	Strawberries	Turkey Meatballs
Sweet & Sour Chicken	Baked Lemon Pepper Cod	Steamed Rice	Cabbage & Beef Casserole	Coconut Shrimp	Glazed Ham	Buttered Penne
Steamed Rice	O'Brien Potatoes	Fall Medley Vegetables	Mashed Potatoes	Vegetarian Fried Rice	Scalloped Potatoes	Buttered Brussels Sprouts
Sugar Snap Peas	California Vegetables	Mini Bundt Cake	Broccoli Florets	Broccoli Florets	Cauliflower	Lime Meringue Pie
Van Caramel Swirl Cake	Triple Choc Fudge Cake		Chilled Tropical Fruit	Rice Pudding	Savory Seasoned Carrots	
					Apple Crumble Cake	
SNACK HS						
Ham Salad on WW	Chicken Salad Sandwich on Brown Bread	Egg Salad Sandwich on Wheat	Peanut Butter & Jam Sandwich LoCal	Tuna Salad Sandwich on Brown Bread	Turkey Sandwich on Brown Bread	Cheese Sandwich on WW

KG fall Winter Menu 2023-2024 - Week 3

Diet: Regular/ Texture: Regular

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg	Fried Egg
Scrambled Eggs	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg	Hard Boiled Egg
Hard Boiled Egg	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Whole Wheat Toast	Whole Wheat Toast	Pancakes	Whole Wheat Toast	Scalloped Cinnamon Apples	Maple Breakfast Sausage Link	Bacon
Plain Scone		Whole Wheat Toast			Whole Wheat Toast	Whole Wheat Toast
SNACK AM						
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
LUNCH						
Cream of Cauliflower Soup	Tomato Bisque Soup	Greens, Potato and Veg Soup-LF	Split Pea Soup-LF	Corn Chowder	Swiss Chard and White Bean	Lentil Soup-LF
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Cottage Cheese Fresh Fruit	Veggie & Swiss Quiche	Chicken Cobb Salad	Beef & Macaroni Casserole	Vegetable Chow Mein, Tofu	Baked Beans with Pork	OpF Hamburger
Bran Muffin	Broccoli Florets	Toasted Crostini	Dill Carrot Coins	Fresh Pineapple	Corn Muffin	Savory Potato Wedges
Honeydew Chunks	Cinnamon Peaches with Cream LoCal	Fresh Baked Apple	Blueberries with Whip Topping	Salmon Salad Sandwich on Brown Bread	Sauteed Kale & Onions	Tomato Slices & Lettuce
Crab Salad on Croissant	Ham Sandwich on Whole Wheat	Grilled Cheese on Wheat	Turkey Waldorf Salad	Garden Salad	Pear Crumble Cake	Chilled Apricots
Mixed Salad with Italian Dressing	Carrot Coleslaw	Tomato Slices	Mixed Green Salad	Strawberry Ice Cream	Turkey Sandwich, Cranberry Mayo	Egg Salad Sandwich on Brown Bread
Tiramisu Mousse	Dutch Brownie	Chocolate Pudding Cake	Van Caramel Swirl Cake		Creamy Cucumber Onion Salad	Arugula & Mandarin Salad
					Mango	Vanilla Bean Cake
SNACK PM						
Fruit Creme Cookie	Apple Turnover Cookie	Cheese Crackers	Bran Crunch Cookie	Choc Mint Wafer Cookies	Graham Crackers	Raspberry Turnover Cookie
DINNER						
Navy Bean Soup	Lentil & Vegetable Soup-LF	Carrot Spinach Soup-LF	Vegetable and Orzo Soup-LF	Chicken Noodle Soup-LF	Cabbage & Potato Soup	Vegetable and Orzo Soup-LF
Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers	Unsalted Crackers
Grilled Lemon Marinated Chicken	Turkey Schnitzel	Roast Beef	Caribbean Spiced Chicken Thigh	Steamed Cod & Caper Lemon Butter	Country Chicken Casserole	Shrimp Fettuccini Alfredo
Parisienne Potatoes	Spiced Sweet Potatoes	Mashed Potatoes	Rice & Black Beans	Roasted Potatoes	Mashed Potatoes	Fettuccini Pasta
Lemony Green Beans	Tropical Fruit Salad	Maple Glazed Carrots	Creamy Coleslaw	Cauliflower	Braised Red Cabbage	Mixed Salad with Italian Dressing
Mandarin Oranges	Italian Fish Filet	Garden Salad	Honeydew Melon	Fresh Grapes	Strawberries	Chilled Tropical Fruit
Thai Pork	Montego Vegetables	Diced Pears LoCal	Lemon Dill Salmon	Pork Sausage & Vegetable Pizza	Cheese Ravioli & Sauce	Sweet-n-Sour Pork Meatballs
Steamed Rice	Blueberry Pie	Kielbasa Sausage	Mashed Potatoes	Kg Arugula Spinach Salad	Mixed Green Salad with LoCal Dressing	Basmati Rice
Edamame		Perogies & LoFat Sour Cream	Broccoli Florets	Cake Assorted	Banana Cake	Edamame
Nanaimo Bar		Buttered Red Cabbage	Luscious Lemon Square			Chocolate Layer Cake
		Vanilla Chocolate Ice Cream Bar				
SNACK HS						
Egg Salad Sandwich on Brown Bread	Chicken Salad Sndw on WW	Turkey Sandwich on Brown Bread	Peanut Butter on WW	Tuna Salad Sandwich on Brown Bread	Cheese Sandwich on WW	Crab Salad Sndw on WW